

Foods suitable on a low-fodmap diet

fruit	vegetables	grain foods	milk products	other
fruit banana, blueberry, boysenberry, canteloupe, cranberry, durian, grape, grapefruit, honeydew melon, kiwifruit, lemon, lime, mandarin, orange, passionfruit, pawpaw, raspberry, rhubarb, rockmelon, star anise, strawberry, tangelo Note: if fruit is dried, eat in small quantities 	vegetables alfalfa, artichoke, bamboo shoots, bean shoots, bok choy, carrot, celery, choko, choy sum, endive, ginger, green beans, lettuce, olives, parsnip, potato, pumpkin, red capsicum (bell pepper), silver beet, spinach, summer squash (yellow), swede, sweet potato, taro, tomato, turnip, yam, zucchini herbs basil, chili, coriander, ginger, lemongrass, marjoram, mint, oregano, parsley, rosemary, thyme	cereals gluten-free bread or cereal products bread 100% spelt bread rice oats polenta other arrowroot, millet, psyllium, quinoa, sorgum, tapioca 	milk lactose-free milk, oat milk*, rice milk, soy milk* <small>*check for additives</small> cheeses hard cheeses, and brie and camembert yoghurt lactose-free varieties ice-cream substitutes gelati, sorbet butter substitutes olive oil	sweeteners sugar* (sucrose), glucose, artificial sweeteners not ending in '-ol' honey substitutes golden syrup*, maple syrup*, molasses, treacle <small>*small quantities</small> 

Eliminate foods containing fodmaps

excess fructose	lactose	fructans	galactans	polyols
fruit apple, mango, nashi, pear, tinned fruit in natural juice, watermelon sweeteners fructose, high fructose corn syrup large total fructose dose concentrated fruit sources, large serves of fruit, dried fruit, fruit juice honey corn syrup, fruisana 	milk milk from cows, goats or sheep, custard, ice cream, yoghurt cheeses soft unripened cheeses eg. cottage, cream, mascarpone, ricotta 	vegetables asparagus, beetroot, broccoli, brussels sprouts, cabbage, eggplant, fennel, garlic, leek, okra, onion (all), shallots, spring onion cereals wheat and rye, in large amounts eg. bread, crackers, cookies, couscous, pasta fruit custard apple, persimmon, watermelon miscellaneous chicory, dandelion, inulin	legumes baked beans, chickpeas, kidney beans, lentils 	fruit apple, apricot, avocado, blackberry, cherry, lychee, nashi, nectarine, peach, pear, plum, prune, watermelon vegetables cauliflower, green capsicum (bell pepper), mushroom, sweet corn sweeteners sorbitol (420) mannitol (421) isomalt (953) maltitol (965) xylitol (967) 